

THE BULLETIN

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Fall Social in the Gardens



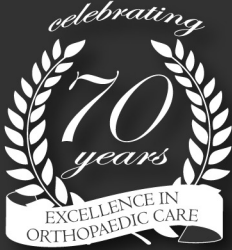
(See page 17 for more photos.)

OCTOBER 2019

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THE BULLETIN

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The Bulletin of the Muscogee County Medical Society is the official monthly publication of the MCMS located at 2612 Commons Blvd, Augusta, Georgia. Opinions expressed in *The Bulletin*, including editorials, are those of the individual author and do not necessarily reflect policies of the Society, unless stated. Advertisements in this publication are paid advertisements and are not necessarily supported or endorsed by the Muscogee County Medical Society.

Members are encouraged to submit articles, current news or upcoming events for publication in *The Bulletin*. Deadline for copy is the 10th of the month preceding date of issue. Those wishing to advertise in *The Bulletin* may request requirements and rates by contacting the society office. Items to be published should be sent to the society coordinator, Stacie McGahee, via email to Stacie@muscogeemedical.org.

PRESIDENT'S MESSAGE

Timothy P. Villegas, M.D.



The Equinox

As I pondered the topic for this month's letter, it struck me that today happens to be the September equinox. Derived from *aequus* (equal) and *nox* (night), this occurs every year between September 21 and 24. It is generally regarded as the official transition from summer to fall, and is one of two days in the year when everyone experiences an equal amount of daylight and dark. As expected, it occurs at the midway point between the summer and winter solstices, the longest and shortest days of the year, respectively.

As I read more about the science related to this perpetual biannual event, it quickly got a lot more complicated: precession of the Earth's axis, celestial sphere changes, variable orbital speed, atmospheric refraction, the solar year versus the sidereal year, etc. For example, because of the way light is differentially refracted through the atmosphere and other variances based on latitude, most won't actually have an exact 12 hours of day/night until several days after the equinox takes place. This is sometimes referred to as the "equilux", a term not coined until the 1980s.

Given the complicated nature of such astronomic phenomena, it is always remarkable to me that humankind has so long appreciated and understood these concepts. There are numerous examples of structures built by ancient cultures whose presumptive primary purpose was to track the Sun, Moon, planets and stars. At times the precision they were able to obtain with such rudimentary tools and instruments is incredible. For example, The Goseck Circle in modern day Germany is estimated to have been constructed about 7000 years ago, long before the cultures of Mesopotamia and ancient Egypt. It is considered to be one of the oldest solar observatories in the world. Even more amazing is that the construction site is located at the same latitude as Stonehenge, and very close to that of the Majorville Medicine Wheel in Alberta and the Newgrange monument in Ireland – also presumed to be ancient astronomic observatory sites. At the latitude of each of these sites, the midsummer sunrise and sunset is at 90 degrees to the moon's northerly setting and southerly rising. This is only possible within a latitudinal band of less than one degree! Furthermore, it is also one of two possible latitudes in the world where the full moon passes directly overhead on its maximum zenith.

Did these ancient peoples just happen to have some very smart people with a lot of time on their hands to study the skies, or is it possible they received some guidance from ancient extraterrestrial visitors? Maybe we should save that debate for another time...



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The following slate was elected at the MCMS Meeting
on Thursday, September 26, 2019.

Congratulations to our newly elected officers and delegates!

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PIEDMONT COLUMBUS REGIONAL NEWS

John B. Amos Cancer Center Construction Now Complete

We are happy to announce that construction has been completed at the John B. Amos Cancer Center (JBACC)! The renovation and expansion project has provided over 100,000 square feet of space (almost doubling the size of JBACC). All departments are now located within JBACC, including the Breast Care Center which was previously on Hamilton Road. This project was made possible by philanthropy and community support through the Piedmont Columbus Regional Foundation.

55 Nursing School Graduates Join Vizient Nurse Residency Program

Piedmont Columbus Regional recently kicked off its next nurse residency cohort by welcoming 55 new nursing school graduates into the nurse residency program. The new nurses, who are beginning their career with Piedmont, were welcomed with a breakfast and met and heard from Chief Nursing Officer Cary Burcham, program facilitators and spent time getting to know their unit managers.

Piedmont Physicians Welcomes Pediatric Endocrinologist

Piedmont Physicians proudly welcomes Pediatric Endocrinologist Juliana Vera Ortiz, M.D. to the Newnan Piedmont Physicians' Endocrinology office. She is board certified by the American Board of Pediatrics and is an active member of the Pediatric Endocrine Society. Dr. Vera Ortiz has special interests that include type 1 diabetes, pubertal, growth, and adrenal disorders. Dr. Vera Ortiz is now accepting new patients and referrals. Call 770-683-7873 for more information.

Epic Upgrade Coming in October and Online Scheduling

Piedmont Columbus Regional's electronic medical record, Epic, will be getting a Piedmont system wide (inpatient and ambulatory) upgrade on October 13. The upgrade will offer mostly new features to improve the user experience for nurses, providers, Revenue Cycle staff, other inpatient and outpatient users and patients – through the MyChart patient portal. A new tool that organizes nurses' specific tasks for each patient and enhancements to providers' order sets are just two examples of what will come with Piedmont's upgrade to a newer version of Epic.

With the Epic go-live this summer, online scheduling for patients is now available through the MyChart patient portal or going to Piedmont.org and using the "Find a Doctor" or "Online Booking" features.

Hospital Staff Arranges for Accident Victims to Meet

Paul and Debbie, two complete strangers, were walking into a Columbus grocery store one August afternoon when they were both struck by a car. Nurse Courtney Elinburg and patient experience team member Alexis Green arranged for the two patients to meet in our Midtown Campus hospital after they were asking about each other and hoping the other was OK. In wake of such a tragic accident for them and their families, some good has come out of it— they are sharing their experience and will be friends for life. Visit the Piedmont Columbus Regional

Facebook page to view photos of them meeting in the hospital.

Former Patient, Inspired by Care, Begins Nursing School

Evan Hinson, a former patient at our Midtown Campus, began nursing school at Columbus State University in August. In December 2017, Evan suddenly collapsed— going into cardiac arrest four times. He was rushed to our Midtown Campus Emergency Department where he was stabilized before being flown to an Atlanta-area hospital.

“A year and a half ago, many amazing nurses helped save my life. In return I have decided to dedicate my life to the same cause,” Evan says. We wish Evan the best of luck in school, and hope to see him soon at our hospital for clinical rotations!

DAISY Award

Congratulations to the DAISY award recipients who were selected as part of a national program to recognize nurses for their extraordinary care and compassion to patients and their families. Nurses are nominated by a patient, patient’s family member or co-worker. The nominations are then reviewed and winners are selected by the Daisy committee. Visit the Piedmont Columbus Regional Facebook page to read their nomination letter.



*Olivia Masterson
Midtown Campus*



*Lindsay Martinez
Midtown Campus*

CME opportunities offered for physicians

The following Continuing Medical Education (CME) opportunities for physicians have been approved for one hour of CME credit each:

Cancer Conference: Every Monday, 12:30 p.m., Midtown Campus Support Services Conference Room. For more information, call 706.660.6399 or 706.571.1881.

Hospital Grand Rounds: Once a month every fourth Thursday, 12:30 p.m. (lunch provided), Conference Center at Piedmont Columbus Regional’s Midtown Campus. Open to any physician, resident, medical student, nursing staff and local EMS. Grand rounds will not be held in November and December. For more information, call Jennifer Herring at 706.571.1112.

Pediatric Grand Rounds: Every Thursday, 8:15 a.m., Conference Center at Piedmont Columbus Regional’s Midtown Campus. Open to any physician or other health professional providing care for children. For more information, call Lea Cunningham at 706.571.1217.

Clinic Grand Rounds: Once and month every first Wednesday, dinner at 6:00 p.m. and rounding begins at 6:30 p.m. Hughston Foundation Building Auditorium at the Hughston Clinic. Open to any physician, resident, medical student, nursing staff, PT, MA and local EMS. For more information, call Belinda Klein at 706.494.3326.

Piedmont Columbus Regional's Midtown Campus is accredited by the Medical Association of Georgia to provide continuing medical education for physicians. The Midtown Campus designates this live activity for a maximum of one AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Our physician network is part of the system that offers the region's most advanced care.

Which is why it is so important to not only have a doctor you see regularly, but the right doctor. One who is part of a system of primary care doctors and leading specialists who provide the latest treatments right where you live. Because what better place is there to be treated than home?

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| Breast surgery | Hematology | Rehabilitation |
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In Memoriam
Charles Curtis Stamey, M.D.



Dr. Charles Stamey passed away on Monday, September 16, 2019 at Piedmont Hospital. He was a member of the MCMS since 1972 and served as MCMS President in 1987.

Dr. Stamey was a native of Canton, North Carolina. He joined the United States Air Force in 1954 and served until 1958. He graduated from Clemson University with a Bachelor's Degree in Science in 1963 and received his Doctor of Medicine in 1967 from the Medical University of South Carolina.

Dr. Stamey completed his internship and residency at MUSC. He relocated to Columbus in 1972 and was a partner at OB/GYN Associates of Columbus for over 30 years. He also worked at the John B. Amos Cancer Center and at the GYN Center of Columbus Health Department. He was a founding doctor of Doctor's Hospital. During his career he held many professional appointments, including Clinical Instructor, Emory University School of Medicine, Chief of Staff of The Medical Center, Member of the Board of Trustees of Doctor's Hospital, Member of the Board of Trustees of Columbus Regional, Delegate to the Medical Association of Georgia, and many others.

In addition to the Muscogee County Medical Society, Dr. Stamey also held memberships in the American College of Obstetrics and Gynecology, the Georgia Society of Obstetrics and Gynecology, American Medical Association, Southern Medical Association, Medical Association of Georgia and the American Fertility Society.

Dr. Stamey is survived by his wife, Anita Kilpatrick Stamey; two daughters, Melissa Thaxton and Kiki Lunsford; a son, Charles Stamey, Jr.; eight grandchildren; and six great grandchildren. He was preceded in death by a daughter, Jennifer W. Stamey.

HUGHSTON CLINIC NEWS

4th Annual Kickball Tournament

On Saturday, September 7, players took the field for the 4th Annual Hughston Foundation Kickball Tournament at South Commons Athletic Complex in Columbus to support the Protect the Athletes campaign. Thanks to sponsorships and team participation, this year's tournament raised more than \$33,000 for the program.



Congratulations to the Hughston Clinic team, which took the top prize, and the Boys and Girls Club members who gave them a tough run in the finals. Aflac came in 3rd place and the Hughston Residents took 4th. Thanks to all the teams who came out to participate and support the event.

The generous tournament sponsors made this event a huge success. The team sponsors were Aflac, Hughston Clinic, and Jack Hughston Memorial Hospital, and field sponsors included ACOM; Columbus Fire & Safety; Levy Sibley, Foreman & Speir, LLC; NAI G2 Commercial Real Estate; Robinson, Grimes & Company; Shaw Flooring; and VCOM.

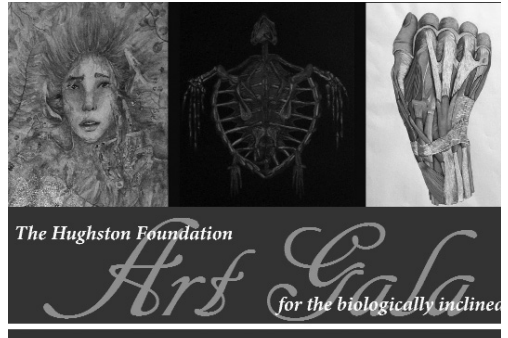
All funds raised by the tournament go directly to support the Hughston Protect the Athletes campaign. The campaign's mission is to raise funds to support the athletic sports coverage that Hughston provides across the Chattahoochee Valley for youth programs, such as sideline coverage at high school sporting events, preparticipation exams, and Saturday morning injury clinics. This campaign also helps to fund the Hughston Athletic Training program. This program began back in 1998 with just 3 certified athletic trainers (ATCs). Today, it is one of the largest athletic training fellowship programs in the Southeast with 12 ATCs. Besides

providing coverage at sporting events, our fundraising projects help purchase much needed IMPACT concussion software for area high schools and other participating colleges.

2019 Art Gala Exhibition

Once again, the Hughston Foundation is collaborating with Harris County High School Work Based Learning program to offer the 2nd Annual Art Gala Competition and Exhibition. High school and middle school students throughout West-Central Georgia counties are invited to submit biologically or medically inspired entries under drawing, painting, photography, 3D, or mixed media categories to the competition. The deadline to enter is November 1 and the gala is set for November 14 at 7:00pm at the Hughston Foundation.

Last year, more than 125 teachers, students, and parents attended the exhibition of 96 entries. The inaugural contest and gala was such a great success that more scholarships are now available and the planning committee is working to make this year's program better than ever.



Harris County High School Work Based Learning program has partnered with The Hughston Foundation to invite you to participate in the **Second Annual Art Gala**

All entries must be biologically or medically inspired, with a submission sheet attached and fall under one of the following categories:
Drawing ■ Painting ■ Photography ■ 3D ■ Mixed Media
Submissions deadline **November 1st**
Exhibition date **November 14th, 2019 at 7:00pm**
Scholarships will be awarded to winners.

Created to support the national STEAM initiative (Science, Technology, Engineering, the Arts, and Math) The Hughston Foundation Art Gala helps students learn by integrating these principle areas.

Submissions can be mailed or delivered to:
The Hughston Foundation, 6262 Veterans Pkwy., Columbus GA, 31909
For more information: Belinda Klein 706-494-3326 BKlein@hughston.com
Instructions and submission form: www.hughston.com/2019-art-gala-competition-exhibition/



For the first competition, there were 2 STEAM Awards worth \$250 each, sponsored by Georgia Healthcare Science Technology Education Foundation. One was presented to the top scoring middle school aged student, 6th to 8th grades, and the 2nd was presented to the highest rated high school aged student, 9th to 12th grades. Also presented was the Champ Baker Best Anatomical Award that included a \$250 cash award. Additionally, a \$500 Columbus State University (CSU) scholarship was awarded. The Columbus State University scholarship went to the high school junior or senior who was selected as a winner. The award will be divided over the first 2 semesters of full-time enrollment. The student must qualify for admission to CSU, remain in good academic standing, and must enroll at CSU with a major or minor in Art, Biology, Kinesiology, or Health Sciences. High school level winners and middle school level winners were presented 2nd and 3rd place ribbons; however this year, the committee expects to have first, second, and third place scholarships and honorable mention ribbons.

The Hughston Foundation Art Gala for the Biologically Inclined is perfect for art students who would like to unmask the exciting world of art and science. This biological and medically inspired art contest encourages students to create

artwork while integrating the principle areas of the national STEAM initiative (Science, Technology, Engineering, the Arts, and Mathematics). To enter or for www.hughston.com or contact Belinda Klein at bklein@hughston.com.

Hughston Workers' Compensation Program

On January 24, 2020, the Hughston Foundation will host the workers' compensation program, "Understanding & Managing the Medical Aspects of a Workers' Compensation Claim," in Columbus, GA. Speakers for this program include Norman L. Donati, MD; Garland K. Gudger, Jr., MD; Robert Hopkins, PT, SCS; Douglas W. Pahl, MD; Randall J. Ruark, MD; and Matthew G. Stewart, MD. The keynote speaker for the seminar is the Honorable Tasca Hagler who will discuss the role of medical evidence in the workers' compensation hearing and she is expected to take the time to answer questions from the audience. Hughston physicians will present topics on common injuries of the foot, ankle, shoulder, hip, knee, and spine.

Hughston workers' compensation programs are designed to educate orthopaedic and occupational health nurses, workers' comp administrators, safety and OSHA directors, insurance adjusters, lawyers, and caseworkers. Attendees appreciate the opportunity to gather relevant information directly from legal and medical professionals. Credits for this event includes 5.25 contact hours of General CEUs applied for through the Division of Continuing Education at Georgia Southern University and 6.3 contact hours of Nursing Continuing Education applied for through Alabama Board of Nursing (ABN). Attendees will be given certificates upon completion of the conference.

For registration, vendor space, and payment information please visit: <https://www.hughston.com/workers-comp-seminar/> or contact Belinda Klein at bklein@hughston.com or 706-494-3326.

Jack Hughston Memorial Hospital receives 5-star rating from Hospital Compare

Jack Hughston Memorial Hospital has recently received a 5-star rating from Medicare.gov, Hospital Compare. After leaving the hospital, Medicare asks patients to rate 10 key areas relating to their patient experience. In all 10 areas, Jack Hughston Memorial Hospital ranked higher than the average Georgia and Alabama hospitals and higher than the national average.

Medicare patients gave Jack Hughston Memorial Hospital high scores for:

- Doctors and nurses communicating well with them
- Receiving help in a timely manner
- The cleanliness of the hospital rooms and bathrooms
- The quiet atmosphere at night

Staff provided helpful instructions that they understood upon leaving the hospital. Overall, patients gave the hospital a high-performance appraisal and they reported that they would recommend the hospital to others.

According to their website, Hospital Compare offers information about the quality of care for more than 4,000 Medicare-certified hospitals. Patients can use the information to help make decisions about where to receive their healthcare and hospitals can use the data as a tool to help improve the quality of care they provide. For more information about the ratings, go to Medicare.gov Hospital Compare.

Extended Hours at Hughston's Urgent Ortho

Hughston Clinic is excited to extend our practice hours to better fit the needs of our patients and the community. At Urgent Ortho, walk-ins are always welcome and you use the same clinic entrance from 8am to 8pm, Monday through Friday and 10am to 2pm on Saturday. A patient can call or text 706-325-8553 to get in line and for faster service, they are encouraged to go to [HYPERLINK "http://www.hughston.com"](http://www.hughston.com) www.hughston.com to complete pre-visit paperwork ahead of time. Urgent Ortho saves time and money by providing faster orthopaedic diagnoses and treatments for bone, muscle, and joint injuries. Sports and workers' compensation injuries are welcome as well.

Hughston Grand Rounds

On the first Wednesday of each month, a diverse group of local healthcare professionals—which often includes physicians from Hughston, Columbus, and Fort Benning; Hughston Sports Medicine and Trauma Fellows; Hughston Certified Athletic Training Fellows; orthopaedic residents; and medical students—come together for grand rounds lectures on evolving trends in orthopaedics at the Hughston Foundation auditorium. Grand rounds constitute a ritual of medical education and provide an excellent supplement to medical school and residency. Moreover, grand rounds help doctors and other healthcare professionals stay current in their specialty or areas of core practice. The physician lectures offer expertise on specialized topics and cover the latest evidence-based research and treatments emerging in the field of medicine. To sign up for email blasts about this event, contact Belinda Klein at 706-494-3326; bklein@hughston.com.

Hughston Foundation Meeting Rooms Available

The Hughston Foundation has the unique ability to support the medical community by hosting events in our facility. The Foundation offers an auditorium with large drop-down screens, tables and chairs, a 7' x 45' stage with podium, lighting, and sound system that is perfect for presentations and large groups. Our Surgical Education Center contains a 4-station surgical training lab for cadaveric demonstration and practice, and an additional 4-station workshop for training on plastic models. Both labs are equipped for audiovisual presentations and have the ability to broadcast lab activities to other meeting spaces. Our VIP boardrooms have large conference tables, executive chairs, and drop-down screens that are perfect for smaller private meetings. The Foundation also offers plenty of parking, accommodations for catered events, ice machine, commercial refrigerator, and free WiFi with password. Additionally, The Foundation has a spacious atrium lobby, library, and the Hughston gardens that are available for events. For more information about our rates or contact Belinda Klein at 706-494-3326; bklein@hughston.com for a tour of our facility.

Welcome Dr. Starr Whittaker

We are proud to welcome Dr. Starr Whittaker to the St. Francis team. Dr. Rhodes will be a new provider for Columbus Clinic. She completed his residency from Wayne State University in Detroit, MI and completed medical school at the Ross University in Miramar, FL. Dr. Whittaker specializes in family medicine.

Emory Healthcare and St. Francis Hospital Expand Partnership to Include Clinically Integrated Network

Emory Healthcare and St. Francis Hospital today announced that the organizations have expanded their existing clinical partnership to include added benefits for physicians, patients and the community. Effective immediately, St. Francis Hospital is now affiliated with Emory Healthcare Network, a clinically integrated network that was established in 2011 to improve care coordination and quality outcomes, while lowering health care costs for patients.

Emory Healthcare and St. Francis Hospital have had a successful clinical partnership for several years that began with the hospital's affiliation of its cardiac services program with Emory Clinic's Division of Cardiothoracic Surgery in 2016. This partnership has continued to evolve to include expanded cardiothoracic and vascular capabilities, enhanced electrophysiology capabilities, and advanced clinical education and training for nurses and staff, among other things. The physician community associated with St. Francis Hospital joining the Emory Healthcare Network is a natural extension of the work already underway between the two organizations.

Under the agreement, St. Francis physicians and providers will have the opportunity to participate in Emory Healthcare Network as a network partner. Network partners have common quality goals and are connected via electronic medical record systems that can be shared among providers. Partners can also participate in group purchasing of medical supplies to lower costs in their practices, while working collaboratively with Emory's payer partners to reduce health care costs for patients.

St. Francis Hospital Celebrates 20th Anniversary of LifePoint Health with Donation to MercyMed of Columbus

St. Francis Hospital is celebrating the 20th anniversary of LifePoint Health, the health system of which it is a part, with a donation to MercyMed of Columbus. This donation is part of a national anniversary celebration in which LifePoint has contributed \$2,000 to causes in each of the 89 communities it serves nationwide. The St. Francis team chose MercyMed of Columbus because it reflects LifePoint's and St. Francis' mission of Making Communities Healthier.

LifePoint was founded on the idea that everyone deserves quality healthcare close to home and that strong hospitals create strong communities. Celebrating LifePoint Health's 20th anniversary in our community with a donation to

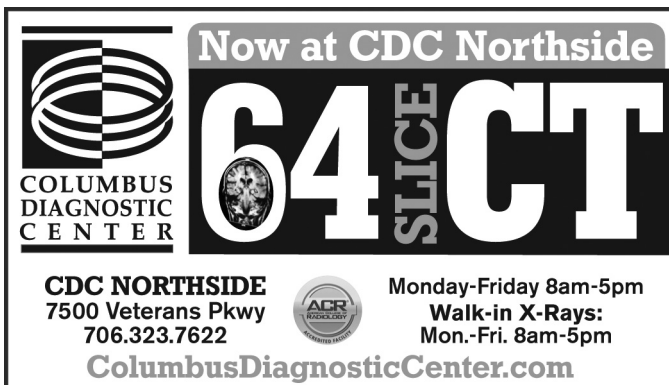
MercyMed continues St. Francis's legacy of believing in providing high quality, community-based care in the Chattahoochee Valley.

LifePoint was founded in May 1999 as LifePoint Hospitals with 23 community hospitals in nine states. The company changed its name to LifePoint Health in 2015 as a reflection of its evolution from a hospital operator to a healthcare leader providing a range of services across the communities it serves. Today, LifePoint has 89 hospital campuses, 45+ post-acute service providers and facilities and 50+ outpatient facilities across 30 states. It has nearly 60,000 dedicated employees from coast to coast, including more than 3,000 employed providers and more than 8,600 affiliated providers.

U.S. News & World Report Names St. Francis Hospital Among Best in Region
St. Francis Hospital has been recognized as a Best Hospital for 2019-20 by U.S. News & World Report. The annual Best Hospitals rankings and ratings, now in their 30th year, are designed to assist patients and their doctors in making informed decisions about where to receive care for challenging health conditions or for common elective procedures.

St. Francis Hospital was also recognized as a "high-performing" hospital in the areas of congestive heart failure, colon cancer surgery and COPD (chronic obstructive pulmonary disease). The annual Best Hospitals rankings rates hospitals as "below average," "average," or "high-performing" across various categories.

The U.S. News Best Hospitals methodologies in most areas of care are based largely on objective measures such as risk-adjusted survival and discharge-to-home rates, volume, and quality of nursing, among other care-related indicators. Best Hospitals was produced by U.S. News with RTI International, a leading research organization based in Research Triangle Park, N.C.




Now at CDC Northside

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COLUMBUS DIAGNOSTIC CENTER

CDC NORTHSIDE
7500 Veterans Pkwy
706.323.7622

 **Monday-Friday 8am-5pm**
Walk-in X-Rays:
Mon.-Fri. 8am-5pm

ColumbusDiagnosticCenter.com

FALL SOCIAL





Restaurant Hours:

Tuesday-Thursday
5:30pm-10:00pm

Friday-Saturday
5:00pm-10:30pm

Pre Fixe Menu:
Three Course Dinner

Tuesday-Thursday
5:30pm-6:30pm

Friday-Saturday
5:00pm-6:00pm

\$35 per person
(Taxes & Gratuity Not Included)



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Experience Of The Chef's Table!*

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